

sight today. And how much more sensible this mode of riding is than the side-saddle.

I heard of a doctor who took his little son of 5 years with him when he gave his lectures to his students. Often he had living models of naked women to illustrate his lecture on anatomy.

His little son ran around the lecture hall and saw the naked women. The doctor claimed he wanted his son to become acquainted with the human form so that it would be no object of curiosity to him.

This illustrates the principle underlying the staring eyes and remarks made about women's dress. We just recover from one shock when we get another. I have not much time to devote to vanities in dress, but I know this, that dress affects a girl's health more than it does her morals.

Whenever we happen to have a style that does not burden the girls with long, clinging skirts, or heavy, useless draperies, we should try to encourage that style as much as possible.

A girl's dress should be light and give her freedom in form and motion, and our girls will be healthier, and health brings its own happiness.

One style we had some years ago, skirts with trains on them — street skirts they were. Horrors of horrors! Hail to the short skirts!

As to girls exposing their throats and arms to the sunshine, it can only be beneficial. There is nothing to equal the health-giving qualities of the sun's rays on chest and throat.

It is a fact that people who suffer from throat affections are advised by their physicians, even in winter, to throw away furs and scarfs, to open the coat and lay bare the throat to the winter breeze.

How much more necessary to have the throat, chest and arms bare all summer to nature's great healer, the sun!

It is innate in mankind, even in the most primitive races, to provide cov-

ering for portions of the body. But our civilization must take heed or we will get too far away from nature and we will have to pay the price in a lower vitality and resistance to disease.

Tell the girls to wear short skirts, low necks, short sleeves. Tell them to live out of doors all summer as much as possible and live the simple life. It may give them sunburned faces and freckles, but tell them you think freckles are beautiful and that freckled faces are a sign of good nature and health.—A. J.

WORLD'S GREATEST WATERFALL—WHERE IS IT?—Which is the greatest waterfall in the world? I always thought Niagara was, but I've been told there's one still bigger.—Reader.

Niagara is so wonderful a cataract that many people naturally think it is the greatest waterfall in the world, but as a matter of fact Victoria falls in the Zambesi river in Africa is the greatest of all waterfalls. The Victoria has a descent of 400 feet, and Niagara's drop is only 165 feet at the falls proper, though within a distance of five miles from rapids to the gorge into which the cataract falls, the Niagara river drops 300 feet.

Victoria falls was discovered by Dr. Livingston in 1855; traditions of Niagara may be traced back to 1613 when Champlain explored the Lake Erie region. Of this majestic and ageless cataract Abraham Lincoln once wrote:

"When Columbus first sought this continent—when Christ suffered on the Cross—when Moses led Israel through the Red Sea—nay, even when Adam first came from the hand of his Maker; then, as now, Niagara was roaring here."

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In twenty years New York city increased 3,000,000 in population, and during that time more than a million less acres of land have been cultivated throughout New York state.